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WAR FOOD ADMINISTRATION  
Office of Distribution  
Washington 25, D. C.

July 1944

FACT SHEET ON FRESH AND FROZEN FISH

The Objective:

To increase consumption of North Atlantic-caught fresh and frozen fish in the northeastern and midwestern areas, beginning immediately.

The Problem:

Increase of the fish catch at the Gloucester and Boston ports, combined with inadequate facilities for the storage of these fish when they are frozen, has resulted in a marked curtailment in activities of the fishing fleets of these two ports.

The situation is also due in part to the fact that in normal times about 75 percent of the catch is moved to midwestern markets, but this year midwestern distributors have bought their usual quantities of the fish and have left part of them in storage in New England because of the tight storage situation in the Middle West.

It would seem that the best solution to the problem is an immediate increase in consumption of the frozen fish now in storage at these New England ports, and also an increase in consumption of mackerel, so these fish can be moved to market direct from fishing boats and relieve any additional strain on cold-storage facilities.

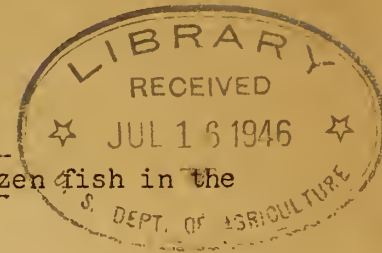
Background:

Landings in the ports of Boston and Gloucester, Mass., for the first 5 months of 1944 totaled 117,881,304 pounds, compared with 97,146,577 pounds for the same period in 1943. Cod, mackerel, and rosefish were the leading species caught.

Most in need of increased consumer consumption are frozen fillets of mackerel, rosefish, frequently sold commercially as redfish or sea or ocean perch, and whiting. Fresh mackerel (round) should be featured as in plentiful supply. Mackerel may be marketed fresh, but rosefish and whiting must be frozen before they are marketed. The great increase in the rosefish landings, for which refrigeration must be found, may account in some part for the tight storage situation. Rosefish landings in Boston and Gloucester for the first 5 months of 1943 amounted to 17,096,974 pounds, compared with 23,798,329 pounds for the same period this year.

Not only have the landings increased but records show that 1944 cold-storage holdings up to June 1, of fresh and frozen fish for the nation, were up to 69,291,802 pounds, double the holdings for 1943 and nearly half again as large as the 5-year average holdings of 49,144,000 pounds.

In New England the holdings on June 1, 1944, were 18,954,011 pounds, compared with 5,722,431 pounds for the same period in 1943.



A review of the cold-storage situation in the Boston-Gloucester area reveals that one of the large warehouses, with a capacity of 5 million pounds, has 4,883,000 pounds of fish already in storage, and this when the fishing season is at its height. New fish can come in for freezing and storage only as frozen fish is moved out. Similar conditions exist throughout the area.

Possibilities for salting more mackerel have been discussed and deemed inadvisable since sufficient labor is not available for the job.

Observers report that the congested storage situation for fish is a result of several conditions: (1) heavy production, especially in Gloucester; (2) taking of certain meats off rationing; (3) heavy storage of perishable commodities in all areas.

### CONSUMERS' AIDS

Reports from New England show that mackerel are being sold at low prices and whiting at prices below ceiling, not only in New England but in other parts of the country. These low prices, plus the fact the fish is unrationed and readily available, should make this commodity an attractive one to the housewife.

Fish are a good source of animal protein. Their availability and low cost make it possible for most housewives to obtain part of their needed animal proteins from this source. Fish are easily digested, and the flavors vary enough to please many tastes.

Rosefish (sea perch) is classed among the versatile fish and can be broiled, baked, steamed, fried, or used in chowder. Mackerel is good broiled or baked, and whiting is suitable for broiling, baking, steaming, frying, or in chowder.

### METHODS OF COOKING FISH

#### FRYING

Frying, either in shallow or in deep fat, has long been a popular method of cooking fish. Cut the fish into serving portions, salt on both sides, and let stand for about 10 minutes to absorb salt. Then dip the pieces in liquid - such as beaten egg, milk, or water - and cover with some dry cereal - cornmeal, for example, flour, cracker or bread crumbs. A recommended method is to dip the pieces of fish in water and roll in a mixture of  $\frac{1}{2}$  cup of sifted dry bread crumbs and  $\frac{1}{2}$  cup of flour.

For pan-frying have ready a heavy cast-metal frying pan that contains about one-fourth inch of fat, hot but not smoking. Place the fish in the pan, cover, and cook at moderate heat, turning it when brown. Serve on a hot platter garnished with slices or wedges of lemon and parsley.

#### SIMMERING

Fish, like meats, should be simmered, never boiled. Lean fish are preferred for cooking in water or steam because the flesh, compared with that of fat fish, has less tendency to fall apart. The fish can be protected further from breaking by using a wire basket or a perforated pan, or by wrapping in cheesecloth. Simmered fish may be improved in flavor by cooking in any of the following liquids:



Plain salted water - To each quart of water add  $1\frac{1}{2}$  tablespoons of salt.

Acid water - To each quart of water add  $1\frac{1}{2}$  tablespoons of salt and 3 tablespoons of lemon juice or vinegar.

Court bouillon - Cook  $\frac{1}{3}$  cup, each, of chopped carrots, onion, and celery with 2 tablespoons of fat, for 5 minutes; add 2 'springs of parsley, 6 whole black peppers, 2 cloves,  $\frac{1}{2}$  bay leaf, 1 tablespoon salt, 2 tablespoons vinegar, and 2 quarts of water; bring to the boiling point and cook for a few minutes, and strain.

Fish or meat stock - To each quart of liquid add  $1\frac{1}{2}$  tablespoons of salt.

Milk or milk and water - To each quart of liquid add  $1\frac{1}{2}$  tablespoons of salt.

"Simmering" is an easy, quick and economical method of preparing fish for serving at home at more than one meal, as cooked fish not eaten immediately may be broken into flakes and used in fish dishes.

### BROILED FRESH FISH

Have the fish split down the back, wipe clean, and remove any scales and the head and tail if desired. Lay the fish skin side down on a greased shallow pan. If the fish is oily, no fat need be added; otherwise, add enough to season well. Place under the flame in a broiler at moderate heat and cook for 20 to 30 minutes. Slip the broiled fish carefully onto a hot platter, season with salt and pepper, pour on the drippings, garnish with cross or parsley and sliced lemon, and serve at once. If the fish is very large and thick, heat for 15 to 20 minutes in a moderate oven before putting under the broiler flame.

### CURRIED FISH

2 pounds fresh cod, halibut, or other fish	3 tablespoons flour
4 tablespoons butter or other fat	2 cups liquor from the simmered fish
1 tablespoon chopped green pepper	$\frac{1}{2}$ to 1 teaspoon curry powder
1 small onion, chopped	3 drops tabasco sauce
$\frac{1}{4}$ cup chopped celery	Salt to taste
	2 tablespoons chopped parsley

Simmer the fish about 10 minutes in a small quantity of water, in a shallow pan, then drain. Meanwhile, melt the fat and cook the green pepper, onion, and celery a few minutes; add the flour and the cooled fish liquor, with water, if necessary, to bring the quantity up to 2 cups. Cook for 3 or 4 minutes, add the seasonings, and stir constantly. Remove the skin and bones from the cooked fish, arrange on a hot platter with a border of flaky rice, pour the sauce over the fish, and sprinkle the parsley on top.

### FISH TIMBALES

2 tablespoons butter or other fat	1 tablespoon lemon juice
2 tablespoons flour	1 tablespoon chopped parsley
1 cup milk	1 teaspoon minced onion
2 eggs	Salt to taste
2 cups flaked cooked or canned fish	

Prepare a sauce of the fat, flour, and milk, add the beaten eggs, fish and seasonings, and salt as needed. Pour the mixture into greased custard cups and

bake in a pan of hot water in a moderate oven (350° F.) for 30 minutes. Turn the timbales onto a hot platter, garnish with slices of lemon, and serve at once.

PLAIN "SIMMERED" FISH

3 pounds fillets or steaks, or 4 pounds whole fish  
3 tablespoons salt in 2 quarts simmering water

Place one layer of fish cut into suitable pieces for serving in a basket or perforated pan. Lower the basket into the simmering, salted water. Cook about 20 minutes or until tender; remove and drain. Serve hot with a rich, bright-colored sauce.

(Cooking methods and recipes furnished by the Bureau of Human Nutrition and Home Economics, USDA, and the Fish and Wildlife Service's Conservation Bulletin No. 27, "Wartime Fish Cookery" (Department of the Interior)

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WAR FOOD ADMINISTRATION  
Office of Distribution  
150 Broadway  
New York 7, New York

August 1944

FACT SHEET ON FRESH AND FROZEN FISH

Eat Fish Now

Increase of the fish catch at the Gloucester and Boston ports, combined with inadequate facilities for the storage of these fish when they are frozen, has resulted in a marked curtailment in activities of the fishing fleets of these two ports.

Also, in normal times about 75 percent of the catch is moved to midwestern markets, but this year midwestern distributors have bought their usual quantities of fish and have left part of them in storage in New England because of the tight storage situation in the Middle West.

The best solution to the problem seems to be an immediate increase in consumption of the frozen fish now in storage, and an increase in use of mackerel, so these fish can move to market direct from boats and relieve additional strain on cold-storage. As coastal states customarily use fresh fish mainly, the campaign in these areas may well be aimed to move all kinds of fish in good supply, while regions farther inland are urged to increase use of the frozen fish they are accustomed to buying.

Background:

Landings in the ports of Boston and Gloucester, Mass., for the first 5 months of 1944 totaled 117,881,304 pounds, compared with 97,146,577 pounds for the same period in 1943. Cod, mackerel, and rosefish were the leading species caught.

Most in need of consumer consumption are frozen fillets of mackerel, rosefish, frequently sold as redfish or sea or ocean perch, and whiting. Fresh mackerel (round) should be featured as in plentiful supply. Mackerel may be marketed fresh, but rosefish and whiting must be frozen before they are marketed. The great increase in rosefish, for which refrigeration must be found, account in part for the tight storage situation. Rosefish landings in Boston and Gloucester for the first 5 months of 1943 were 17,096,974 pounds, compared with 23,798,329 pounds for the same period this year.

Records show that 1944 cold-storage holdings up to June 1, of fresh and frozen fish for the nation, were 69,291,302 pounds, double the holdings for 1943 and nearly half again as large as the 5-year average holdings of 49,144,000 pounds.

In New England the holdings on June 1, 1944, were 18,954,011 pounds, compared with 5,722,431 pounds for the same period in 1943.

A review of the cold-storage situation in the Boston-Gloucester area reveals that one of the large warehouses, with a capacity of 5 million pounds, has 383,000 pounds of fish in storage, and this when the fishing season is at its height. New fish can come in for freezing and storage only as frozen fish is moved out. Similar conditions exist throughout the area.

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Salting more mackerel has been deemed inadvisable due to lack of labor.

Observers report that the congested storage situation for fish is a result of several conditions: (1) heavy production; (2) taking some meats off rationing; (3) heavy storage of perishable commodities in all areas.

#### CONSUMERS' AIDS

Reports from New England show that mackerel are being sold at low prices and whiting at prices below ceiling, not only in New England but in other parts of the country. These low prices, plus the fact the fish is unrationed and readily available, should make this commodity an attractive one to the housewife.

Fish are a good source of animal protein. Their availability and low cost make it possible for most families to obtain part of their needed animal proteins from this source. Fish are easily digested, and the flavors vary enough to please many tastes.

Rosefish (sea perch) and whiting can be broiled, baked, steamed, fried, or used in chowder. Mackerel is good broiled or baked.

#### METHODS OF COOKING FISH

##### FRYING

Frying, either in shallow or in deep fat, has long been a popular method of cooking fish. Cut the fish into serving portions, salt on both sides, and let stand for about 10 minutes to absorb salt. Then dip the pieces in liquid - such as beaten egg, milk, or water - and cover with dry cereal such as cornmeal, flour, cracker, or bread crumbs. A recommended method is to dip the pieces of fish in water and roll in a mixture of  $\frac{1}{2}$  cup of sifted dry bread crumbs and  $\frac{1}{2}$  cup of flour.

For pan-frying have ready a heavy cast-metal frying pan that contains about one-fourth inch of fat, hot but not smoking. Place the fish in the pan, cover, and cook at moderate heat, turning it when brown. Serve on a hot platter garnished with slices or wedges of lemon and parsley.

##### SIMMERING

Fish, like meat, should be simmered, never boiled. Lean fish are preferred for cooking in water or steam because the flesh, compared with that of fat fish, has less tendency to fall apart. The fish can be protected from breaking by using a wire basket or a perforated pan, or by wrapping in cheesecloth. Simmered fish may be improved in flavor by cooking in any of the following liquids:

Plain salted water - To each quart of water add  $1\frac{1}{2}$  tablespoons of salt.

Acid water - To each quart of water add  $1\frac{1}{2}$  tablespoons of salt and 3 tablespoons of lemon juice or vinegar.

Court bouillon - Cook  $1\frac{1}{3}$  cup, each, of chopped carrots, onion, and celery with 2 tablespoons of fat, for 5 minutes; add 2 sprigs of parsley, 6 whole black peppers, 2 cloves,  $\frac{1}{2}$  bay leaf, 1 tablespoon salt, 2 tablespoons vinegar, and 2 quarts of water; bring to the boiling point and cook for a few minutes, and strain.

Fish or meat stock - To each quart of liquid add  $1\frac{1}{2}$  tablespoons of salt.

Milk or milk and water - To each quart of liquid add  $1\frac{1}{2}$  tablespoons of salt.



### BROILED FRESH FISH

Have the fish split down the back, wipe clean, and remove any scales and the head and tail if desired. Lay the fish skin side down on a greased shallow pan. If the fish is oily, no fat need be added; otherwise, add enough to season well. Place under the flame in a broiler at moderate heat and cook for 20 to 30 minutes. Slip the broiled fish carefully onto a hot platter, season with salt and pepper, pour on the drippings, garnish with cress or parsley and sliced lemon, and serve at once. If the fish is large and thick, heat for 15 to 20 minutes in a moderate oven before putting under the broiler flame.

### CURRIED FISH

2 pounds fresh cod, halibut, or other fish	3 tablespoons flour
4 tablespoons butter or other fat	2 cups liquor from the simmered fish
1 tablespoon chopped green pepper	$\frac{1}{2}$ to 1 teaspoon curry powder
1 small onion, chopped	3 drops tabasco sauce
$\frac{1}{4}$ cup chopped celery	Salt to taste
	2 tablespoons chopped parsley

Simmer the fish about 10 minutes in a small quantity of water, in a shallow pan, then drain. Meanwhile, melt the fat and cook the green pepper, onion, and celery a few minutes; add the flour and the cooled fish liquor, with water, if necessary, to bring the quantity up to 2 cups. Cook for 3 or 4 minutes, add the seasonings, and stir constantly. Remove the skin and bones from the cooked fish, arrange on a hot platter with a border of flaky rice, pour the sauce over the fish, and sprinkle the parsley on top.

### FISH TIMBALES

2 tablespoons butter or other fat	1 tablespoon lemon juice
2 tablespoons flour	1 tablespoon chopped parsley
1 cup milk	1 teaspoon minced onion
2 eggs	Salt to taste
2 cups flaked cooked or canned fish	

Prepare a sauce of the fat, flour, and milk, add the beaten eggs, fish and seasonings, and salt as needed. Pour the mixture into greased custard cups and bake in a pan of hot water in a moderate oven (350°F.) for 30 minutes. Turn the timbales onto a hot platter, garnish with slices of lemon, and serve at once.

### PLAIN "SIMMERED" FISH

- 3 pounds fillets or steaks, or 4 pounds whole fish
- 3 tablespoons salt in 2 quarts simmering water

Place one layer of fish cut into suitable pieces for serving in a basket of perforated pan. Lower the basket into the simmering, salted water. Cook about 20 minutes or until tender; remove and drain. Serve hot with a rich, bright-colored sauce.

### SUMMER FISH RECIPES

The following recipes suggest ways to serve cold cooked fish during hot weather. When cooking fish plan to have enough left over to serve cold in a lunch or dinner dish another day.

#### (1) Fish and Vegetable Salad

2 cups cold cooked fish flakes	3 tablespoons spiced vinegar
1 cup minced celery	from sweet pickles
3 red thinly sliced radishes	$\frac{1}{2}$ teaspoon salt
1 cup diced crisp cucumber	Mayonnaise or cooked salad dressing to mix

Cool all ingredients. Combine fish flakes and vinegar. Just before serving, combine the fish flakes, vegetables, seasonings, and mix with the dressing. Fill nests of lettuce leaves with the mixture and sprinkle with a dash of paprika or serve on a bed of mixed salad greens. For variety, diced or sliced hard cooked eggs, chopped green pepper or chopped sweet pickles may be added or used instead of the vegetables. (four to six servings)

To make a Stuffed Tomato Salad, fill whole ripe tomato cups with the fish mixture and serve on lettuce, shredded cabbage or other greens.

#### (2) Jellied Fish Salad

2 cups cold cooked fish flakes	$\frac{1}{4}$ cup minced celery
1 tablespoon gelatin	1 teaspoon minced onion
$\frac{1}{2}$ cup cold water	$\frac{1}{4}$ cup vinegar
2 eggs	$\frac{1}{4}$ cup water
$\frac{3}{4}$ teaspoon salt	

Chop the fish finely. Soften the gelatin in the cold water. Beat the eggs, add the salt, celery, onion, vinegar, and water and cook over boiling water until thickened. Add the softened gelatin and stir until it has dissolved; then add the fish. Pour into dampened molds, let stand in a cold place until firmly set, turn out on crisp lettuce, shredded cabbage or other salad greens and serve with mayonnaise or cooked salad dressing. (six servings)

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October 1944



# a fact sheet on fresh and frozen Fish

## *The Objective:*

To increase the consumption of existing stocks of fresh and frozen fish in all parts of the United States, beginning October 30 and extending through November 18.

## *The Problem:*

Latest figures on cold storage holdings of fish in the United States, were 33 percent above those of the similar period in 1943, with every major section of the country showing an increase. These large holdings are creating a storage problem. The industry is faced with the responsibility of a shutdown of operations if existing stocks are not reduced, due to the limitation restriction of Cold Storage Order WFO 111.

Increased consumption of fish not only will relieve the storage problem and permit the industry to continue operations, but also should ease the demand for the somewhat limited supplies of meat now available for civilians.

## *Background:*

Americans are favored with about 160 species of edible fish available in fresh form. Thirteen of these make up 70 percent of the fresh and frozen fish reaching consumers. These are: Salmon, mackerel, haddock, cod, flounders, rosefish, croakers, whiting, halibut, pollock, shrimp, crabs, and oysters. Many others, though in great demand, are caught in limited quantities. Some, though abundant, receive little or no recognition.

For the present we favor those in good supply. From the sea, these include: Mackerel, cod, whiting, haddock, rosefish, croakers, flounders, scup (pergies), and hake. From the lakes and rivers these include: Lake herring, lake trout, pike and carp.

Mackerel, whiting, hake and carp are less popular throughout the country than the others of the "favored" group. The reasons for this are few and without real foundation in fact. Poor cooking methods in some areas of the country have led to dissatisfaction where mackerel is concerned. Whiting and hake, because of their perishability, require more careful attention at the producing end than has been the custom. Carp, unfortunately, has been the butt of many jokes, few, if any of them based on facts.

Increasing the consumption of fish, then, requires double effort: (1) To convince the producers and distributors of the importance of careful cleaning and handling; and (2) to assure the buying public that the best is being made available to them in quality and value.

✓ WAR FOOD ADMINISTRATION -- OFFICE OF DISTRIBUTION  
with the cooperation of FISH & WILDLIFE SERVICE, DEPT. OF THE INTERIOR

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### *Nutritive Value of Fish:*

Fishery products provide a variety and quality of nutritive factors found in few foods. They are excellent sources of highly digestible proteins, are rich in vitamins, and contain minerals both in quantity and variety. Some fish also contain considerable fat. Because of the medium in which fish live, tough strong muscles are not necessary and consequently the flesh is tender.

About 20 percent of the edible portion of fish is protein, 1 percent to 20 percent is fat, depending on the species, and about 1 percent is mineral matter. Protein is the most important of these elements; an average serving of fish will supply sufficient animal protein to satisfy the daily requirement of the body. Fish protein is from 85 percent to 90 percent digestible, and all the needed amino acids are included that are required for growth or maintenance of weight.

Shellfish such as oysters, shrimp, and crabs, contain as much calcium, and more magnesium and phosphorus, than an equal weight of milk. These products are also rich sources of iron, copper, and iodine. Liver is the only meat which exceeds oysters in iron content.

It is common knowledge that fish is our chief source of iodine among natural foods. In localities where water supplies may lack this mineral the eating of salt-water fish is about the only natural means of preventing widespread endemic goiter.

### *Preparation of Fish:*

Fish, as a rule, have a natural fresh flavor which is most appetizing. Yet it is sad to note that many housewives and restaurant chefs do not know how to cook sea products properly. An oily fish, such as mackerel, should never be fried. It is best when broiled or baked. Lean fish, such as whiting, cod, and hake, should never be broiled. These are best when boiled, fried, or baked in milk.

### METHODS OF COOKING FISH

*Frying:* Frying, either in shallow or in deep fat, has long been a popular method of cooking fish. Cut the fish into serving portions, salt on both sides, and let stand for about 10 minutes to absorb salt.



Then dip the pieces in liquid--such as beaten egg, milk, or water--and cover with some dry cereal--cornmeal, for example, flour, cracker, or bread crumbs. A recommended method is to dip the pieces of fish in water and roll in a mixture of  $\frac{1}{2}$  cup of sifted dry crumbs and  $\frac{1}{2}$  cup of flour. For pan-frying have ready a heavy cast-metal frying pan that contains about  $\frac{1}{4}$  inch of fat, hot but not smoking. Place the fish in the pan, cover, and cook at moderate



heat, turning it when brown. Serve on a hot platter garnished with slices or wedges of lemon and parsley.

*Simmering:* Fish, like meats, should be simmered, never boiled. Lean fish are preferred for cooking in water or steam because the flesh, compared with that of fat fish, has less tendency to fall apart. The fish can be protected further from breaking by using a wire basket or a perforated pan, or by wrapping in cheesecloth or parchment paper. Simmered fish may be improved in flavor by cooking in any of the following liquids:

Plain salted water--To each quart of water add  $1\frac{1}{2}$  tablespoons of salt.

Acid water--To each quart of water add  $1\frac{1}{2}$  tablespoons of salt and 3 tablespoons of lemon juice or vinegar.

Court bouillon--Cook for 5 minutes,  $\frac{1}{3}$  cup, each, of chopped carrots, onion, and celery with 2 tablespoons of fat; add 2 sprigs of parsley, 6 whole black peppers, 2 cloves,  $\frac{1}{2}$  bay leaf, 1 tablespoon salt, 2 tablespoons vinegar, and 2 quarts of water; bring to the boiling point and cook for a few minutes, and strain.

Fish or meat stock--To each quart of liquid add  $1\frac{1}{2}$  tablespoons of salt.

Milk or milk and water--To each quart of liquid add  $1\frac{1}{2}$  tablespoons of salt.

"Simmering" is an easy, quick and economical method of preparing fish for serving at home at more than one meal, as cooked fish not eaten immediately may be broken into flakes and used in fish dishes.

#### BROILED FRESH FISH

Have the fish split down the back, wipe clean, and remove any scales and the head and tail if desired. Lay the fish skin side down on a greased shallow pan. If the fish is oily, no fat need be added; otherwise, add enough to season well. Place under the flame in a broiler at moderate heat and cook for 20 to 30 minutes. Slip the broiled fish carefully onto a hot platter, season with salt and pepper, pour on the drippings, garnish with cress or parsley and sliced lemon, and serve at once. If the fish is very large and thick, heat for 15 to 20 minutes in a moderate oven before putting under the broiler flame.

#### CURRIED FISH

2 pounds fresh cod, halibut, or other fish	3 tablespoons flour
4 tablespoons butter or other fat	2 cups liquor from the simmered fish
1 tablespoon chopped green pepper	$\frac{1}{2}$ to 1 teaspoon curry powder
1 small onion, chopped	3 drops tabasco sauce
$\frac{1}{2}$ cup chopped celery	Salt to taste
	2 tablespoons chopped parsley

Simmer the fish about 10 minutes in a small quantity of water, in a shallow pan, then drain. Meanwhile, melt the fat and cook the green pepper, onion, and celery a few minutes; add the flour and the cooked fish liquor, with water, if necessary, to bring the quantity up to 2

cups. Cook for 3 or 4 minutes, add the seasonings, and stir constantly. Remove the skin and bones from the cooked fish, arrange on a hot platter with a border of flaky rice, pour the sauce over the fish, and sprinkle the parsley on top.

#### FISH TIMBALES

2 tablespoons butter or other fat	1 tablespoon lemon juice
2 tablespoons flour	1 tablespoon chopped parsley
1 cup milk	1 teaspoon minced onion
2 eggs	Salt to taste
2 cups flaked cooked or canned fish	

Prepare a sauce of the fat, flour, and milk, add the beaten eggs, fish and seasonings, and salt as needed. Pour the mixture into greased custard cups and bake in a pan of hot water in a moderate oven (350° F.) for 30 minutes. Turn the timbales onto a hot platter, garnish with slices of lemon, and serve at once.

#### PLAIN "SIMMERED" FISH

3 pounds fillets or steaks, or 4 pounds whole fish  
3 tablespoons salt in 2 quarts simmering water

Place one layer of fish cut into suitable pieces for serving in a basket or perforated pan. Lower the basket into the simmering, salted water. Cook about 20 minutes or until tender; remove and drain. Serve hot with a rich, bright-colored sauce.



Cooking methods and recipes furnished by the Bureau of Human Nutrition and Home Economics, USDA, and the Fish and Wildlife Service's Conservation Bulletin No. 27, "Wartime Fish Cookery" (Department of the Interior)



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UNITED STATES DEPARTMENT OF AGRICULTURE  
Production and Marketing Administration  
Washington 25, D. C.

April 1946

FACT SHEET ON FRESH AND FROZEN FISH

With the largest April stocks of frozen fish in history and prospects of a record-breaking 1946 catch, the United States is assured an abundance of fresh and frozen fishery products during the coming months. This excellent supply of high-protein food can be used to fill in the gaps in the American diet left by the shipment of other products abroad for famine relief.

Carry-over of 42,000 Tons -

Although stocks of frozen fish are normally at a low level on April 1, we had 84 million pounds in storage in this country on that date this year. Stocks on April 1 last year were 40 million pounds. Today, the Army and Navy have little need for frozen fish, and facilities do not permit distribution of frozen products in famine areas abroad. Most of the supply on hand, therefore, will find a welcome place on civilian dinner tables in the United States.

Fishing Prospects for 1946 -

From most angles, the fishing season now opening looks like one of the best in history. Many men are entering the fishing industry. More and better boats are available today than before the war. And, in some areas, surplus equipment from the armed forces is available.

Kinds of Fish in Good Supply -

On markets in various parts of the country, housewives will find many varieties of fresh and frozen fish during April and May. The local varieties include:

In New England: Flounder, haddock, cod, mackerel, whiting, sea scallops, and rosefish.

In the Middle Atlantic States: Flounder, haddock, mackerel, shad, scup, whiting, striped bass, clams, cod, and croaker.

In the South Atlantic and Gulf States: Red snapper, groupers, Spanish and king mackerel, sea trout, king whiting, and mullet.

In the Great Lakes area: Pike, lake trout, sheepshead, and yellow perch.

On the West Coast: Rockfish, lingcod, halibut, salmon, shad, barracuda, flounder, sablefish, and smelt.

